

What's Your Name

Complete a series of exercises spelling out your name.

Alternatively work through all your family's names

Choose your own level, beginner x 3 circuits, advanced x 5 circuits

A	5 Press up's	B	10 Squat Jumps
C	10 sit ups	D	20 sec's Mountain Climbers
E	30 sec's Jumping Jacks	F	20 sec Plank
G	5 Press up's	H	10 Squat Jumps
I	10 sit ups	J	20 sec's Mountain Climbers
K	30 sec's Jumping Jacks	L	20 sec Plank
M	5 Press up's	N	10 Squat Jumps
O	10 sit ups	P	20 sec's Mountain Climbers
Q	30 sec's Jumping Jacks	R	20 sec Plank
S	5 Press up's	T	10 Squat Jumps
U	10 sit ups	V	20 sec's Mountain Climbers
W	30 sec's Jumping Jacks	X	20 sec Plank
Y	5 Press ups	Z	10 Squat Jumps

You can replace some of these exercises with your own



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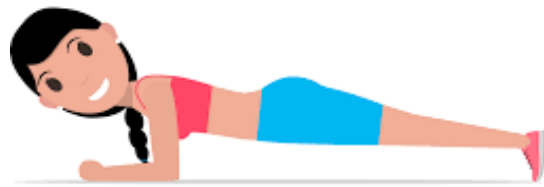
Mountain Climbers



Sit ups



Squat Jumps



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Plank



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Press Ups



Jumping Jacks